

SENSORY STRATEGIES TO CALM YOUR BODY & MIND

Our senses can help us feel safe and calm. ❤️

When we feel overwhelmed, our senses can help our brain and body calm down. Try these sensory techniques to help your nervous system relax. 💜

TWO WAYS TO USE YOUR SENSES TO CALM

1 MELTING CANDY 🍫

Hold a piece of chocolate or other candy in your hand and focus on the sensation as it melts.



FOCUS ON:

- 💜 How it feels in your hand
- 💜 The temperature changing
- 💜 The smell
- 💜 The taste
- 💜 How it melts slowly
- 💜 How your body feels more calm

WHY IT HELPS

Focusing on one sensation helps your brain slow down and brings your attention back to the present moment. ✨

WHEN TO USE THESE STRATEGIES 🌿

- 💚 When you feel overwhelmed
- 💚 When your body feels "too much"
- 💚 When it's hard to focus
- 💚 When you need a break
- 💚 Anytime you need to feel more calm and safe



REFLECTION ✨

How did I feel before using these strategies? _____
How did I feel after? _____
Which strategy helped me the most? _____
When can I use these again? _____



2 TOUCH BOARDS 🖐️

Create a touch board with different textures. Use it when you feel overstimulated or dysregulated.



EXAMPLES OF TEXTURES:

- 💙 Sand paper
- 💙 Felt
- 💙 Sequins
- 💙 Pom poms
- 💙 Bumpy dots
- 💙 Faux fur
- 💙 Foil
- 💙 Ribbed fabric
- 💙 Cotton

WHY IT HELPS

Different textures give your brain and body input that can calm and organize your nervous system. ✨

CREATE YOUR OWN TOUCH BOARD!

Draw or glue the textures you would want on your board.



REMEMBER:

Everyone's senses are different. What works for one person might not work for another. It's okay to try different things and find what helps YOU!



Your senses are amazing tools. You have what you need to feel calm.

